

Foothills Area YMCA Practice Schedule October 13, 2025-May 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Bronze	4-5pm		4-5pm		4-5pm
Silver	4-5:15pm	Swim 4-5:15pm DL 5:15-5:45pm		Swim 4-5:15pm DL 5:15-5:45pm	4-5:15pm